

Free health exams!



We called Ladies First!



1-800-508-2222

Vermont Department of Health

Ladies 
Every Woman Matters *first*

Free health exams!

It's simple and easy.

1. **Call** Kate at the toll free number shown below.
2. **Sign** and return the consent form Kate will send you.
3. **See** a doctor or nurse (or ask Kate to find one for you).
4. **Congratulate** yourself for taking action!

Ladies First offers free mammograms, Pap tests and screenings for cholesterol, diabetes, blood pressure and more for age and income-eligible Vermont women.* Free programs for heart-healthy eating and physical activity are also available.

*Please note women with Medicaid, VHAP and Medicare Part B are not eligible for Ladies First.

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1-800-508-2222

(TDD 1-800-319-3141)

Foreign language and other formats available

Call now to ask about free health exams!